

TIPS TO KEEP THE HARSH WINTER WEATHER FROM DAMAGING YOUR SKIN



With Frances Furlong



1. Moisturise daily and nightly

Cold conditions can strip skin of its natural moisture try Inspira Med Youth Preserve Cream.

2. Wear SPF

UV damage can affect your skin all year round, especially if it snows and the sunlight glares back onto you. Try investing in a tinted moisturiser with SPF to use as your foundation. Try Heliocare.

3. Invest in a humidifier

Having the heating on full blast at home will suck out any remaining moisture in the air. Use a humidifier at night.

4. Drink plenty of water

Don't replace your eight glasses of water a day with hot chocolate and lattes. Make sure you stay hydrated in the winter months and your skin will thank you.

5. Avoid hot showers and baths

It may be very tempting to stay in the shower for twenty minutes enjoying the warmth but hot water can strip your skin of moisture.

6. Keep wrapped up

Wear a scarf that gives good coverage over your face and neck to avoid windburn.

7. Exfoliate your lips

To exfoliate a flaky pout, use a clean toothbrush and gently exfoliate to remove dead skin. Try Restylane to keep lips hydrated and youthful.

8. Use a good facial serum

In the summer you want to avoid oil-based products but in the winter they will do your skin a lot of good. Use an intense boosting facial serum twice a day for 8 weeks to banish dullness and replenish the top layers of skin.

9. Eat your way to glowing skin

A good dose of vitamin A and C in your diet, which are all linked to keeping skin healthy.

10. Look after your eyes

The thin skin around your eyes is particularly vulnerable in the winter months so use a good eye cream. ■

BESPOKE ULTIMATE POWER BOOSTER FACIAL FOR CHRISTMAS SKIN

Treatment 1

Derma roller – micro needling is a natural skin rejuvenation method that is able to soften wrinkles and scars. The process creates hundreds of microscopic ‘pinpricks’ to activate your body’s wound healing process. As your skin heals it uses your own collagen to fill the valleys of wrinkles and scars, great for open pores, sun damage and uneven skin tone.

Treatment 2

Restylane Vital a stabilised hyaluronic acid gel will bind with water to bring lasting hydration to improve your skin elasticity and smoothness. This skin booster is a new approach to nourishing your skin, suitable for the following:-

- great for men and women of all skin types
- for young to more mature skins
- for the face, neck, hands and décolletage
- for people who want to improve skin structure, acne scarred or photo damaged skin

Treatment 3

Mandelic, glycolic or salicylic peel mixed with a bespoke cocktail of anti ageing, anti oxidant, nourishing and boosting power serums to suit your specific skin needs. Skin peeling has been around for a long time even the Egyptians knew about skin exfoliation and its many benefits. It helps to remove dead skin, close pores and reduce fine lines and pigmentation.



THE DETAILS

Please call Michelle on 07508 404862 for further information. info@perfect-skin.co.uk www.perfect-skin.co.uk